

Aikido

AIKIDO IS A NON-COMPETITIVE JAPANESE SELF-DEFENSE MARTIAL ART THAT CULTIVATES THE MIND, BODY AND SPIRIT. IT INVOLVES NOT ONLY THROWS, IMMOBILIZATIONS, JOINT MANIPULATIONS AND LOCKS, BUT ALSO THE SWORD AND WOODEN STAFF. AIKIDO'S MAIN FOCUS IS USING YOUR OPPONENT'S OWN ATTACK TO GAIN CONTROL OF THEIR BODY.

Try the 1st class for FREE

MONDAY 7:00-9:00PM

THURSDAY 7:00-9:00PM

SATURDAY 12:00-2:00PM

*\$70/PER MONTH

***Facility Usage Card Required
Imperial Park Recreation Center
234 Matlage Way**

FOR MORE INFORMATION PLEASE CALL 281-275-2885.

